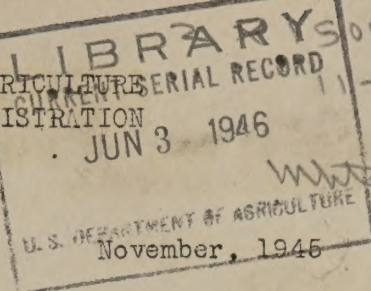


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UNITED STATES DEPARTMENT OF AGRICULTURE  
PRODUCTION AND MARKETING ADMINISTRATION  
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Chicago 3, Illinois  
REGIONAL OFFICE



FACT SHEET ON CARROTS

Latest estimates place the fall crop of carrots in the midwestern states... Illinois, Indiana, Ohio, Michigan and Wisconsin... at record levels. In the Chicago area alone the carrot crop is placed at 8,000 tons, about 500 car-loads, above normal consumption. Other areas of abundance are in Michigan and Wisconsin, according to representatives of the U.S. Department of Agriculture's Fruit and Vegetable Branch.

Most of these carrots were grown for processing purposes, and are not particularly suited for the table trade. But they are fine flavored for cooking purposes, and high in carotene, which the body utilizes as vitamin A. Vitamin A is important as a health factor, and necessary to good eyesight. Flier in World War II ate large quantities of carrots, to prevent night blindness.

Midwestern carrots can be bought at practically all midwestern markets at very favorable prices... prices so low that it will pay the consumer with good storage facilities to buy them in quantities and put them away for later use. Carrots packed in dry sand will keep remarkably well for several weeks in a cool basement, though... like other root crops... they should not be subjected to freezing temperatures. Canning is another good bet.

Today carrots are grown all over the United States. They are one of our most popular vegetables, with current consumption more than three times that of 1920.

A high vitamin A content is their claim to nutritional fame. They boast 48,000 international units per pound, which puts them at the top of the vitamin A producers among green and yellow vegetables along with such deep green leaf sources as dandelion, beet and mustard greens, and kale.

One of the "protective" foods, carrots are also one of the most popular vegetables and have become almost indispensable in good cookery, adding color and flavor to soups, stews, casseroles, and salads.

How To Cook: Good preparation saves what you buy. Boil young carrots 15 to 20 minutes, older carrots 20 to 25 minutes. To make the most of minerals, vitamins, and flavor:

Start root vegetables in boiling salted water -- about 1 teaspoon of salt to a quart of water.

With young tender roots use only enough water to prevent sticking to the pan. For older roots, have enough water to cover.

If pare you must, make the parings thin or scrape no more than skin deep.

Cover the kettle to save cooking time. Slice or dice to cut cooking time more. Cook root vegetables only until tender. Don't overcook.



Serve in their own juice, or use right away in soup, sauce, gravy, or vegetable cocktail.

### Carrot Recipes

#### Carrot Scallop

3 cups sliced cooked carrots      2 cups thin white sauce  
Grated cheese to taste

Arrange sliced cooked carrots in baking dish. Pour over them the white sauce, and sprinkle with "buttered" crumbs or cheese. (Any drippings may be used in place of butter.) Bake in a moderately hot oven (375° F.), 20 minutes or until browned.

#### Vegetable Chowder

2 cups diced carrots	$\frac{1}{2}$ cup soya grits
2 cups diced potatoes	1 cup milk
1 quart boiling water	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ cup diced salt pork	Pepper
$\frac{1}{2}$ cup chopped onion	

Cover and boil the carrots and potatoes in the water until almost tender. Fry the salt pork until crisp, remove from the fat. Cook onion in the fat until lightly browned, and add with the soya to the vegetables. Stir to blend and continue to cook 10 to 15 minutes. Add the milk, crisp pork, salt and pepper. Reheat.

#### Panned Carrots

Slice carrots thin. Place in a frying pan with a little melted fat, cover, cook slowly until tender. Season with salt and pepper.

If you like onions fry carrots with onion slices.

#### Carrots and Apples

Cut the carrots in strips and cook, until almost tender, in a little melted fat. Add apples sliced in rings with the skins on, sprinkle with salt and sugar, and brown well.

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